



Windsor Park C.E. Middle School

Food & Drink policy

Department:

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RM Staff

Website

Food

Aim

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to Windsor Park.

Objectives

What do we want to achieve?

- Review formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up to date.
- Work with the school caterer to run a healthy breakfast club, serving a limited range of items.
- Integration of some of the Midi - 'Good food in Staffordshire Schools' data and fact sheets into our schemes of work
- Establish food weeks in school to promote healthy eating and drinking messages.
- Ensure that teachers with responsibility for food have the basic food hygiene training.
- A senior and a junior inter house food competition, both with a healthy theme.
- Provide access to free, clean and palatable drinking water.

How are we going to meet our objectives?

- Discuss at school council to monitor change.
- Monitor numbers at breakfast club and re-advertise in house assembly.
- SLT to monitor food based topics at each Key Stage.

How do we know our objectives are being met?

- Report to school council and review policy annually in light of improvements and change
- Formal curriculum; SMT to receive summary and observe sample lessons
- Breakfast School caterer to report on numbers of pupils using the service, and ask pupils and teachers their thoughts about the club and the range of food provided.

CPD: Teacher in charge of food disseminates materials for training day with department staff.

Notes

- This school actively supports healthy eating and drinking throughout the day.
- Children will be able to purchase a healthy snack and drink during the morning break.
- Children are encouraged to bring a variety of fruit and vegetables from home to eat at snack times. Chocolate, biscuits, crisps and cakes are discouraged as everyday snacks in school.
- Water will be available at all times, through the 'Water Bottles on Desks' Scheme.
- The weekly lunch menu will be on display for parents.
- Parents or carers will be advised if their child is not eating well.

Children will be encouraged to develop good eating skills and table manners at lunch time and will be given plenty of time to eat. This will be achieved by:

- being encouraged to try a variety of foods at lunchtimes to develop a balanced diet.
- entering and leaving the dining hall in an orderly way, to show respect for those who are eating;
- saying please and thank you to the dinner ladies;
- being encouraged to use good table manners/etiquette.

As a Health Promoting School, The Design & Technology Department are committed to encouraging and developing positive attitudes towards a healthy diet. Food is central to life and therefore an important part of school life and the activities that the department engages in.

The school curriculum provides a large number of opportunities for pupils to develop knowledge and understanding of healthy eating patterns as well as the practical skills that are needed to shop, prepare food and cook. The Design Department run an annual competition called Team Cuisine where pupils compete in their Houses and produce healthy cuisine to a set brief.

Windsor Park is committed to the Let's Get Cooking scheme and runs a cookery club and various community events throughout the year. Let's Get Cooking is a national network of cooking clubs for children, families and their communities across England. During its first five years, Let's Get Cooking is using £20 million from the Big Lottery Fund to set up the first 5,000 clubs. Let's Get Cooking has three key targets:

- by the end of the five-year programme 1,106,300 children, family members and members of the local community will increase their food preparation or cooking skills as a result of Let's Get Cooking
- 70% of participants who learn a new healthy eating skill through Let's Get Cooking will replicate that skill at home
- 50% of children, young people and families who participate in Let's Get Cooking will increase their intake of nutritionally healthy food.

Drink

- Pupils may drink water from a clear plastic water container at any suitable point in the day. (Water should not be drunk whilst walking around the building)
- Water bottles should be labelled with a pupil's name.
- Water bottles may be refilled from the water fountains at break and lunchtime only.
- Fruit drinks sold by the school canteen must be consumed in the dining room.
- Canned drinks are not to be brought to school.
- Cartons of fruit juice may be included in packed lunches but must be consumed in the dining room.